

# Emma Ulfsdotter Ljunggren

TAM Research in Sweden 2003-2009

# Study Purpose and Methods

To examine how therapists' adherence to MST and youth outcomes varied from 2003-2009

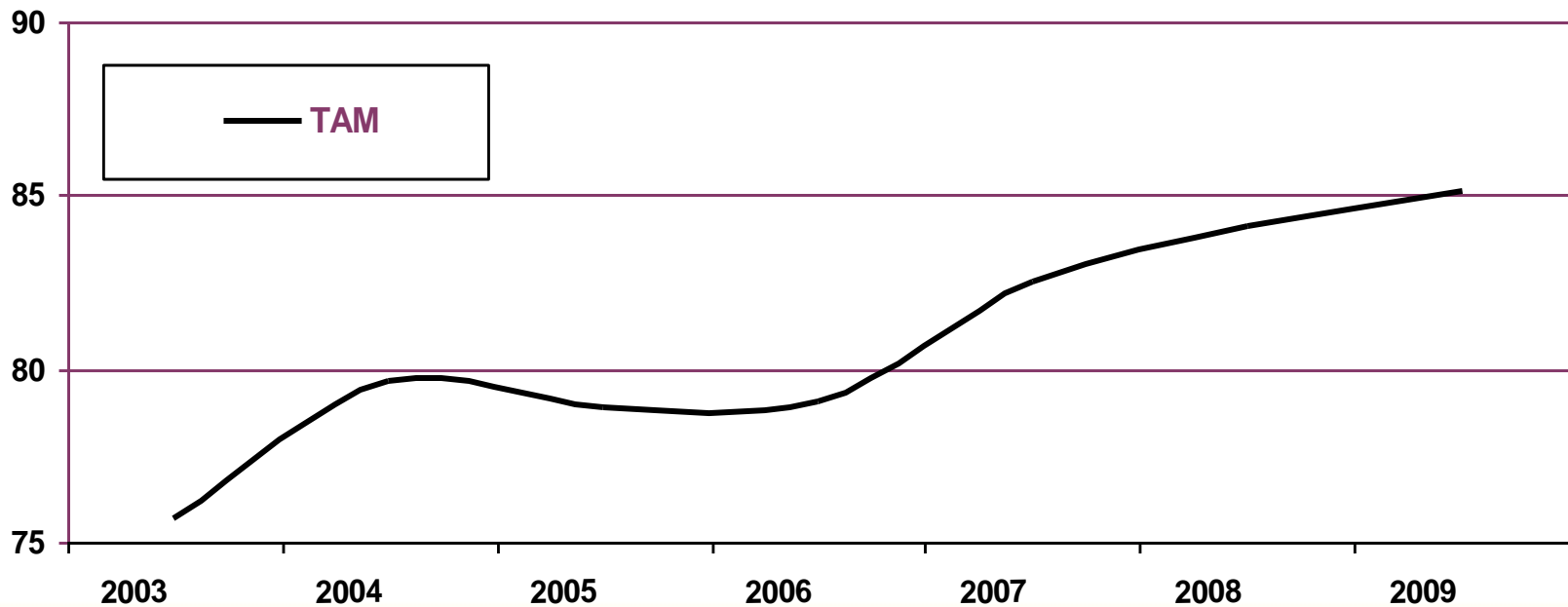
## Participants

- 1003 youth referred to MST from child welfare
- 68 therapists, 21 supervisors, 10 teams, 4 consultants

## Measures

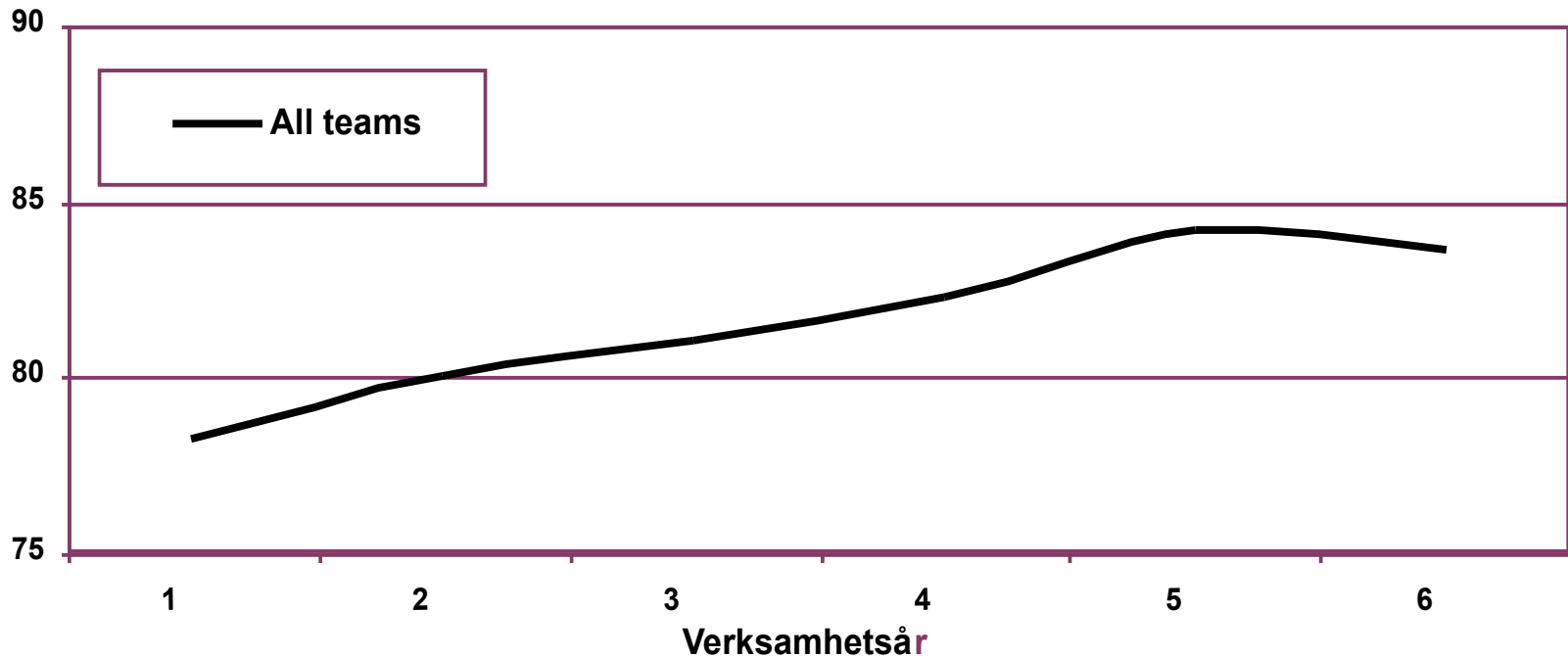
- TAM (total sum of item scores)
- Youth at home, in school, no arrest (therapist report)
- Implementation wave (first or second)
- Years of team activity (0 to 5)
- Therapist experience (# of families treated)

- Average TAM results have improved since the start of MST in Sweden
- Distinct increases between 2003 and 2004 and then again between 2006 and 2007



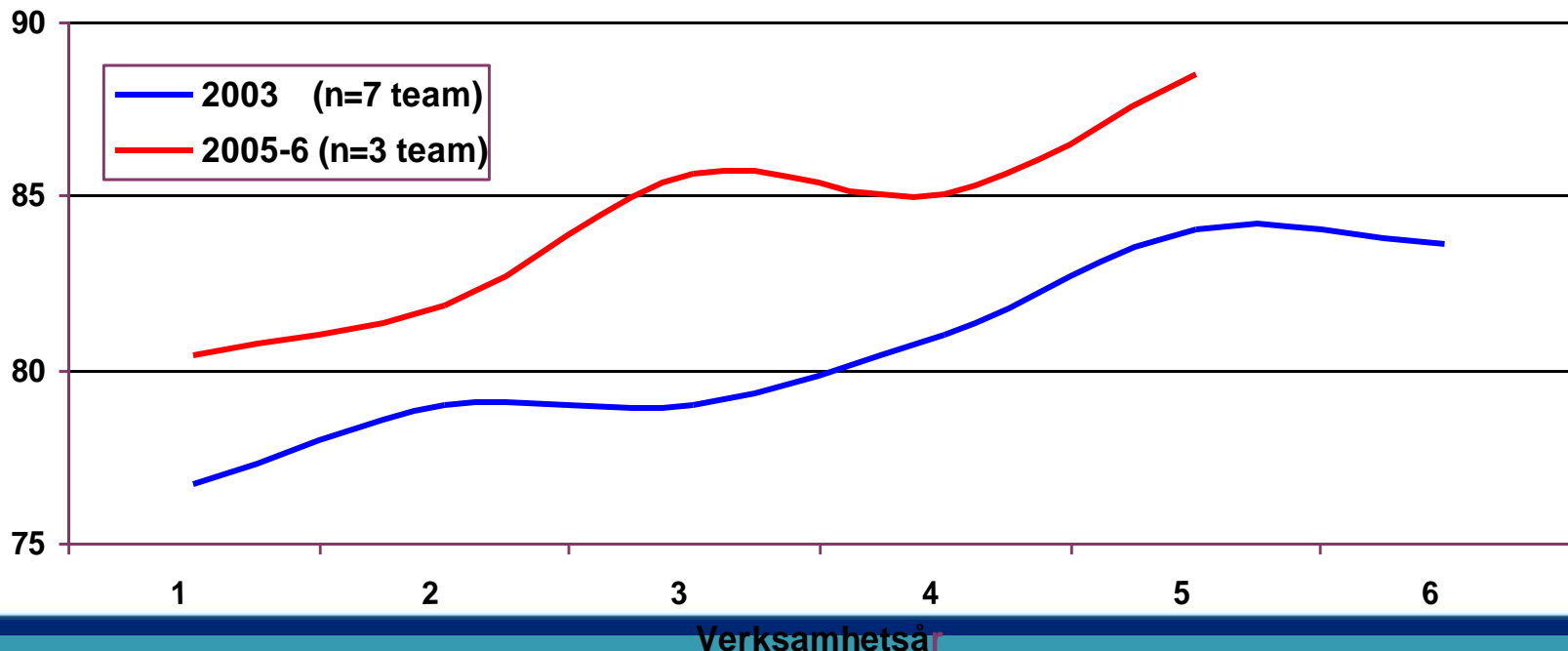
# Team Experience Connected to TAM

- Average TAM score increased with experience (measured in years that the team had been active)



# Team Experience Connected to TAM

- Average TAM scores increased with experience (measured by years of experience) for Swedish teams
- *Note-* The first teams TAM reports reflect lower scores at start up as compared to the second group of teams that started later

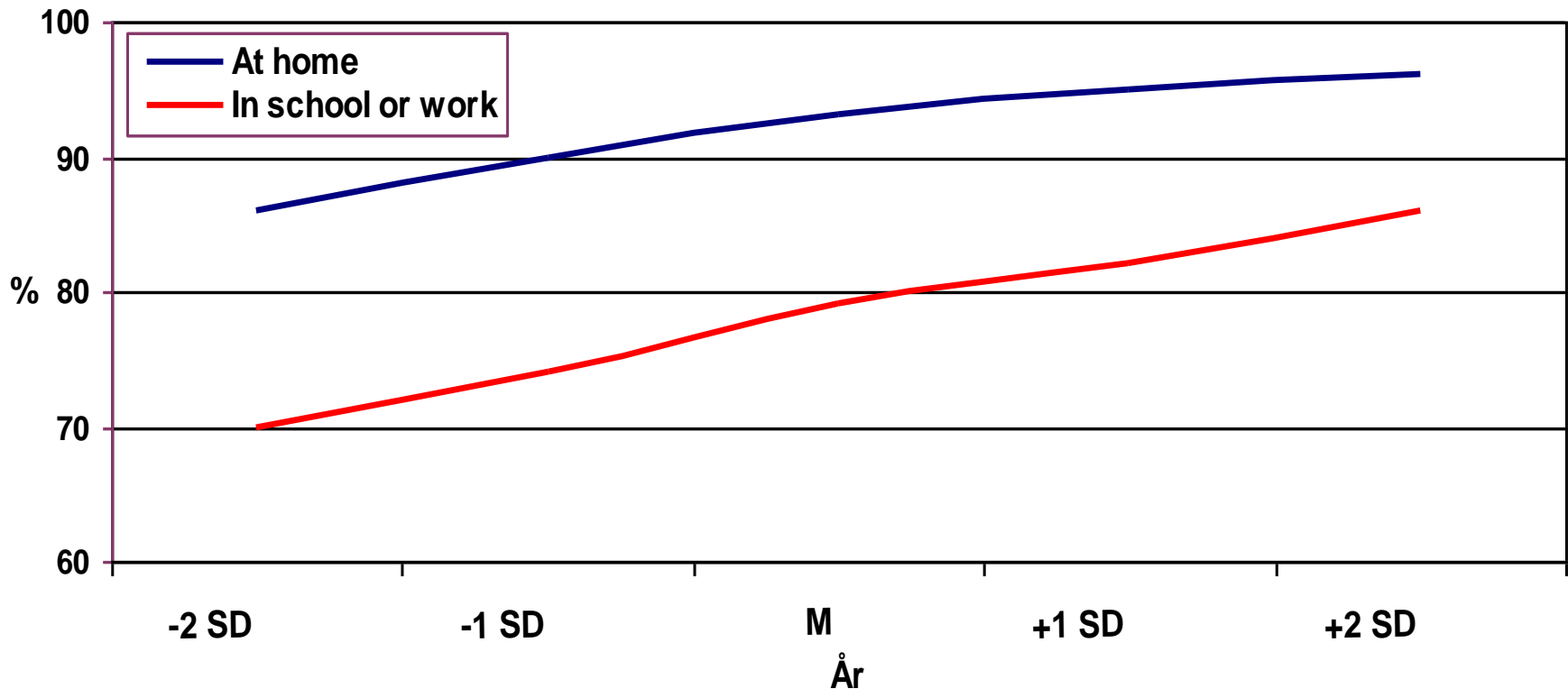


- The teams' collective experience with MST
- If the team was part of the first wave of teams (2003) or the second wave of teams that started (2005-2006)
- The individual therapist's increased experience could not explain better TAM results

# Additional potential factors Related to Results

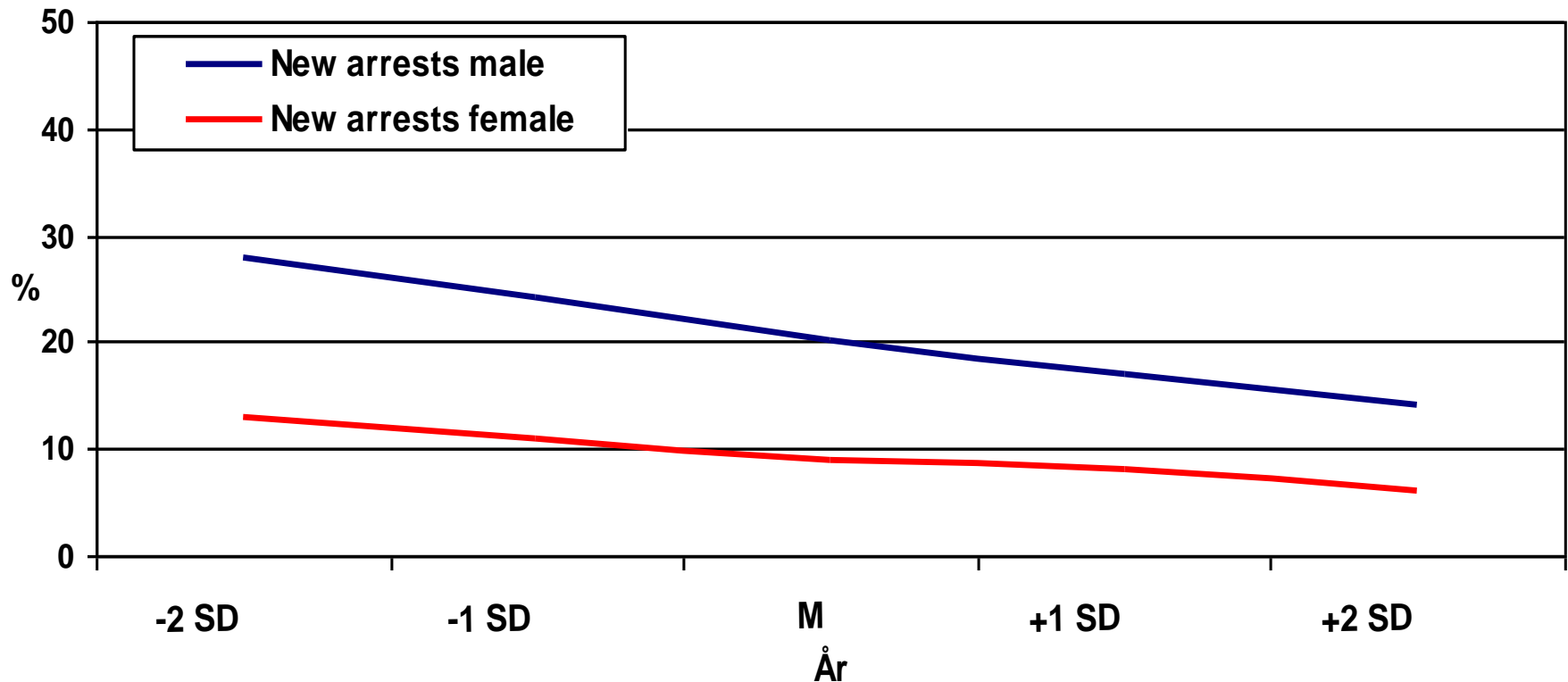
- Importance of working in teams, the team is more important than the single participants of the team
  
- Implementation in organisation
  - Better therapist and supervisor recruitment
  - Routine TAM collection
  - TAM in multiple language
  
- Swedish Network Partnership

# Connection: TAM and Outcomes





# Connection: TAM and Outcomes



- Higher TAM scores predicted greater likelihood youth lived at home, in school, and had no arrests
- High therapist experience predicted greater likelihood youth lived at home
- Implementation wave and years of team activity predicted higher TAMs, which predicted better outcomes. For example, second wave therapists had first-year TAMs higher than the third-year TAMs of first wave therapists

# Why are Wave and Team Experience Findings So Important?

- They explain the poor outcomes of Sundell et al. (2008). Low adherence is associated with poorer outcomes, and therapist adherence was the lowest during that study.
- Findings demonstrate the value (i.e., steadily improved adherence and outcomes) of continued quality assurance - “implementation is best considered a continuous process.”
- More experienced teams and organizations seem to better support therapist adherence

# The Swedish Implementation of Multisystemic Therapy for Adolescents: Does Treatment Experience Predict Treatment Adherence?

Lofholm, C.A., Eichas, K., & Sundell, K. (2014)  
*Journal of Clinical Child & Adolescent Psychology.*

Available online

<http://www.tandfonline.com/eprint/PGwUclySykQC97zB7yRF/full>